

Subject: PSHE Exam Specification: NA						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 12</b>	<p><b><u>Core Theme 1: Health and Wellbeing -Self Concept</u></b></p> <p>Skills and strategies to confidently manage transitional life phases.</p> <p>To recognise how idealised images of bodies and pressure to conform, strategies to manage this pressure</p> <p>To understand the issues and considerations relating to body enhancement or alteration, including long-term consequences</p> <p>To recognise illnesses that particularly affect young adults, such as meningitis and ‘freshers’ flu’</p> <p>How to maintain a healthy diet, especially on a budget</p> <p>How to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online</p>	<p><b><u>Core Theme 2: Relationships</u></b></p> <p>How to articulate their relationship values and to apply them in different types of relationships</p> <p>To recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion</p> <p>To recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships</p>	<p><b><u>Core Theme 3: Living in the wider world</u></b></p> <p>To be enterprising in life and work</p> <p>To set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills.</p> <p>To evaluate the ‘next step’ options available, such as higher education, further training or apprenticeships, and gap year opportunities</p> <p>The implications of the global market for their future choices in education and employment</p> <p>How to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities</p> <p>How to produce a concise and compelling curriculum vitae and prepare effectively for interviews</p> <p>How to recognise career possibilities in a global economy</p>	<p><b><u>Core theme 1: Health and Wellbeing</u></b></p> <p>To manage alcohol and drug use in relation to immediate and long-term health</p> <p>To understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking</p> <p>The impact of alcohol and drug use on road safety, work-place safety, reputation, and career</p> <p>The risks of being a passenger with an intoxicated driver and ways to manage this</p>	<p><b><u>Core theme 2: Relationships</u></b></p> <p>To understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people’s right to give, not give, or withdraw their consent (in all contexts, including online).</p> <p>To understand the emotional, physical, social and legal consequences of failing to respect others’ right not to give or to withdraw consent.</p> <p>How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities.</p>	<p><b><u>Core Theme 3 - Living in the Wider World</u></b></p> <p>To set and maintain clear boundaries around personal privacy and to manage online safety in all its forms, including seeking help when appropriate</p> <p>To effectively challenge online content that adversely affects their personal or professional reputation</p> <p>To build and maintain a positive professional online presence, using a range of technologies</p> <p>How social media can expand, limit or distort perspectives and recognise how content they create and share may contribute to, or challenge this</p> <p>To be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation</p> <p>When and how to report or access help for themselves or others in relation to extremism and radicalisation</p>

Year 13	<u>Core theme: Health and Well-being – Mental Health and Emotional Wellbeing.</u>	<u>Core theme 2: Relationships</u>	<u>Core theme 3 : Living in the wider world</u>	<u>Core theme 1: Health and Wellbeing</u>	<u>Core theme 2: Relationships</u>	<u>Core Theme 3: Living in the wider world</u>
	<p>To recognise signs of change in mental health and wellbeing including managing stress and anxiety</p> <p>To recognise common mental health issues</p> <p>To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing</p> <p>Monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening</p> <p>to consistently access reliable sources of information and evaluate media messages about health; and how to make informed decisions about health, including vaccination</p>	<p>To manage mature friendships, including making friends in new places</p> <p>To manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</p> <p>To develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy</p> <p>To evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust'</p> <p>To use constructive dialogue to support relationships and negotiate difficulties</p> <p>To manage the ending of relationships safely and respectfully, including online</p> <p>To recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships</p>	<p>Rights and responsibilities as students in casual, part-time jobs, including in the 'gig economy'</p> <p>The importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols.</p> <p>To understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection.</p> <p>To recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation.</p> <p>The role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours.</p>	<p>Assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it.</p> <p>To manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely</p> <p>To perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime</p> <p>To travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements</p>	<p>To recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online</p> <p>To recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships</p> <p>To recognise forced marriage and 'honour' based violence; to get help for themselves or others they believe to be at immediate or future risk</p> <p>To understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support</p> <p>Strategies to recognise, de-escalate and exit aggressive social situations</p> <p>To evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon</p>	<p>How to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</p> <p>To understand and manage salary deductions including taxation, national insurance and pensions</p> <p>To evaluate savings options</p> <p>To exercise consumer rights, including resolving disputes and accessing appropriate support</p> <p>To manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice</p> <p>To evaluate the potential gains and risks of different debt arrangements and repayment implications</p>

